

# January 2019

St. George Municipal School Unit

## Breakfast & Lunch Menu

*\*Menu is subject to change without notice.*

**Prices:**

Regular Breakfast \$1.00.  
 Regular Lunch: \$2.65  
 Staff Regular \$4.00.  
 A La Carte \$2.00  
 Adult Visitors \$5.00  
 Extra Milk \$0.50

**Daily Lunch Alternatives:**

Chef Salad w/ Whole Grain Bread  
 Peanut Butter & Jelly Sandwich

**Sandwich of the Day:**

Monday: Ham & Cheese  
 Tuesday: Tuna  
 Wednesday: Turkey & Cheese  
 Thursday: Ham & Cheese  
 Friday: Turkey & Cheese  
 Gluten-Free Options Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
<b>12/31</b>	<b>1/1</b>	<b>1/2</b>	<b>1/3</b>	<b>1/4</b>
<b>No School (Vacation)</b>	<b>New Year's Day Holiday (No School)</b>	Breakfast: Whole Grain Yeast Donuts, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hot Dogs, Baked Beans, Cole Slaw, Pears, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Salad Bar, WG Rolls, Pineapple, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Crispy Chicken Sandwich on WG Bun, Lettuce, Tomatoes, Carrot Sticks, Mixed Fruit, Milk.
<b>1/7</b>	<b>1/8</b>	<b>1/9</b>	<b>1/10</b>	<b>1/11</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: American Chop Suey, Peas, Garlic Breadsticks, Mixed Fruit, Milk.	Breakfast: Pancakes, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Ham & Cheese on WG Roll, Cucumbers, Peaches, Milk.	Breakfast: Fruit Yogurt Cups, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Sweet & Sour Chicken over Brown Rice, Egg Rolls, Broccoli, Mandarin Oranges, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Fish Sandwiches, Garden Salad, Strawberry Cups, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hamburg or Cheese Pizza, Green Beans, Pears, Milk.
<b>1/14</b>	<b>1/15</b>	<b>1/16</b>	<b>1/17</b>	<b>1/18</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Grilled Cheese Sandwich, Tomato Soupu, Celery Stick, Applesauce, Milk.	Breakfast: Apple Turnovers, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: French Toast w/ Syrup, Sausage Links, Hash Browns, Applesauce, Milk.	Breakfast: Breakfast Pizza, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chili w/ Frito Chips, Shredded Cheese, Corn, Mixed Fruit, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Salad Bar, WG Rolls, Pineapple, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chicken Tenders, Rice Pilaf, Green Beans, Melons, Milk.
<b>1/21</b>	<b>1/22</b>	<b>1/23</b>	<b>1/24</b>	<b>1/25</b>
<b>No School (Martin Luther King, Jr. Day)</b>	Breakfast: Croissants, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Shepard's Pie, Cole Slaw, Carrot Sticks, Mixed Berry Cups, Milk.	Breakfast: Cheese Omelettes, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Meatball Subs on WG Rolls, Carrot Sticks, Peaches, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Popcorn Chicken, Mashed Potatoes, Corn, Pears, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hawaiian or Cheese Pizza, Celery Sticks, Hummus, Kiwi, Milk.
<b>1/28</b>	<b>1/29</b>	<b>1/30 **EARLY RELEASE**</b>	<b>1/31</b>	<b>2/1</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chicken Caesar Salad, Bread Sticks, Cucumbers, Oranges, Milk.	Breakfast: Fruit Yogurt Cups, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Nachos w/ Meat & Cheese Sauce, Green Beans, Apple Slices, Milk.	Breakfast: WG Donut Holes, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Turkey & Cheese Sandwiches, Celery Sticks, Hummus, Mixed Fruit, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Salad Bar, WG Rolls, Pineapple, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Roast Pork w/ Gravy, Stuffing, WG Biscuits, Mashed Potatoes, Peas, Cranberry Sauce, Milk.

In accordance with Federal law and the U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for poor civil rights activity.